

# State of the Heart for Women

## Cardiovascular Disease in South Carolina



### Burden of Disease:

- In the United States, 454,732 women died from cardiovascular disease (CVD) in 2004, which includes heart disease, stroke, high blood pressure, congestive heart failure, and other diseases of the circulatory system.
- CVD, including heart disease and stroke, is South Carolina's leading killer for women among all racial and ethnic groups. In 2005 alone, 6,395 women died from CVD in South Carolina.
- Heart disease and stroke accounted for 40,600 hospitalizations for women in 2005 in South Carolina, with a total hospitalization cost of more than \$1.3 billion.

### Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every five adult women in South Carolina smokes.

### Overweight and Obesity

- More than half of the women in South Carolina are overweight or obese.
- While almost half of Caucasian women in South Carolina are overweight or obese, three out of every four African-American women fit into one of these two categories.

### Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- When it comes to physical activity, almost 60 percent of women in South Carolina are either inactive or are not regularly active.
- Approximately one-fourth of women in South Carolina do not engage in physical activity during their leisure time.
- Physical inactivity is more common among African-American women than Caucasian women.

### Hypertension (High Blood Pressure)

- People with hypertension have three to four times the risk of developing heart disease than those without high blood pressure.
- Nearly one in three women in South Carolina has hypertension.

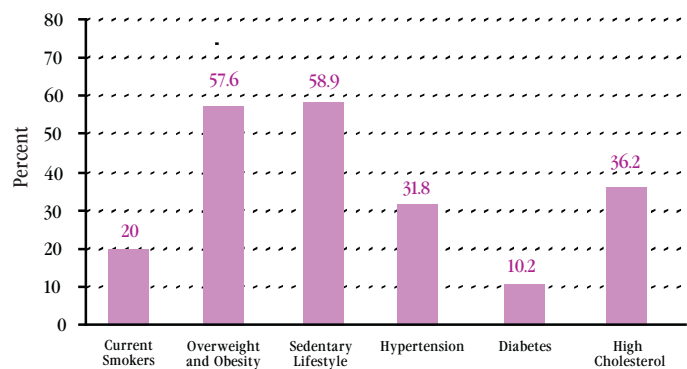
### Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- One out of every 10 women in South Carolina lives with diabetes.

### High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- One in three women in South Carolina has high cholesterol.

Prevalence of CVD Risk Factors



Data Source: South Carolina Behavioral Risk Factor Surveillance System 2005

### Risk Factors for South Carolinians:

#### Estimated Economic Cost of CVD in the United States in 2007

\$283.2 billion in direct costs (i.e., physicians, hospital, medications)

\$148.6 billion in indirect costs (i.e., loss in productivity)

# Stroke Among Women

## *in South Carolina*



### **Burden of Disease for South Carolinians:**

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina had the second highest stroke death rate in the nation in 2003 and is among a group of Southeastern states with high stroke death rates that is referred to as the "Stroke Belt."
- Stroke is the third leading cause of death for women in South Carolina, resulting in 1,444 deaths during 2005.
- African-American women are at greater risk of dying from stroke than Caucasian women in South Carolina.
- Stroke resulted in 7,628 hospitalizations for women in South Carolina during 2005.

### **Modifiable Risk Factors for Stroke:**

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

### **Warning Signs of Stroke:**

- Walk - is balance off?
- Talk - is speech slurred or face droopy?
- Reach - is one side weak or numb?
- See - is vision all or partially lost?
- Feel - is headache severe?

### **How to Reduce Your Risk of Stroke:**

- Getting your blood pressure checked
- Staying active
- Eating a healthy diet
- Using less salt
- If you drink alcohol, drinking in moderation
- Getting your cholesterol level checked
- Staying smoke-free

### **Economic Cost of Stroke:**

- Hospitalization costs of stroke totaled more than \$206 million for South Carolina women in 2005.
- The total cost of stroke in the United States for 2007 is estimated at \$62.7 billion (both direct and indirect costs).

### **For more information on cardiovascular disease prevention in South Carolina, please contact:**

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